



## **Plan To Re-Open Aim High Academy - Main**

**All participants will be required to have a signed COVID-19 waiver from a parent or legal guardian in addition to our general waiver.**

**In the case of severe weather, we will most likely close. There is no way to enforce social distancing if we are forced to take cover.**

**All parents need to make sure all personal information and student medical histories are updated and current in the parent portal.**

### **Stage One (Begins May 15, 2020) Main campus only**

#### **Competitive Team Only**

- Our staff will continue to put new content on our YouTube channel each week for all of our classes (gymnastics, dance & ninja).

#### **Scheduling / Class Ratio**

- Team practices will be staggered to prevent gathering of large groups.
- We will implement 6' social distancing upon arrival, in the lobby and throughout the gym.

#### **Arriving**

- Parents must drop off athletes at the front door.
- Athletes should not arrive at practice earlier than 10 minutes prior to practice time (They should remain in cars if they arrive earlier).
- Athletes should not come to practice if they are not feeling well or have a sick family member.
- Athletes will enter through our front doors into the breezeway where their temperature will be taken by Aim High staff member. They will then proceed to a sanitizing station inside the door to the lobby.
- If you are late to arrive and there is no longer a staff member at the door, you must call 918-664-8683 and wait for a staff member for your child to enter the building. All athletes must have temperature taken by a staff member before they enter.

## **Viewing**

- Both the lobby and the observation room will be closed to prevent social gathering.
- Only staff and athletes may enter the building.
- We are looking into technology which will allow parents viewing on their phones or tablets.

## **Personal Belongings**

- All athletes will arrive wearing shoes (slides or flip flops are encouraged).
- All athletes will bring their own personal mask to wear, a personal water bottle with their name on it as well as their hand grips (if they have them).
- No snacks should be brought to practice.
- If a gymnast uses a spray bottle on their grips, each gymnast must bring her own bottle with her name on it. It must be filled with water upon arrival - the water fountain will be off limits.

## **Restrooms / Locker Room**

- The locker room will be off limits for gathering and will only be used as a restroom.
- Athletes must wear shoes into the restrooms.
- All restrooms will be used one person at a time.
- Correct hand washing (20 sec) must be done before returning to the gym.

## **Sanitizing**

- Everyone will sanitize upon arriving and leaving the facility.
- Athletes will sanitize each time they rotate to a new apparatus in the gym.

## **Cleaning / Disinfecting**

- We have purchased a mister and an approved COVID-19 cleaner. We will disinfect the gyms, lobby and bathrooms daily.
- An Aim High staff member will be present at each practice to sanitize equipment once a team group leaves an apparatus.

## **Exiting**

- When practice is over, parents of team athletes should pick up at the west doors.
- Under supervision, athletes will sanitize and will then exit the building through the side doors to eliminate congestion in the breezeway and lobby when new groups arrive.
- Athletes should be picked up from practice on-time to aid our flow of getting athletes in and out of the building safely.

## **Staff**

- All coaches will wear masks.
- Spotting will only occur if interference is necessary to prevent an injury.
- Aim High staff members will also be screened for temperatures.
- Staff will sanitize each time the students are asked to sanitize.
- No high fives, fist bumps or hugs will be given to students by coaches.
- Staff will not report to the gym if they knowingly have come into contact with an infected person or have had possible exposure to COVID-19.

## **Equipment**

- Higher level athletes will be given a zip-lock bag containing chalk. It will have the gymnast's name on the bag. They must not share their chalk with anyone. There will not be any chalk stations.
- Any extra equipment used by athletes (bands, weights, hula hoops, etc.) will be placed in a sanitizing bucket and cleaned by a staff member before being used again.
- To enforce social distancing, more stations will be set up in the gym for the athletes.
- An Aim High staff member will be present at each practice to sanitize equipment once a team group leaves an apparatus.

## **Education / Guidelines**

- Informative Signs and posters will be placed throughout the facility reminding athletes about social distancing, hand washing, DAB your cough/sneeze, etc.
- Parents will be updated via e-mail. Please be sure all e-mail addresses on file are current.

## **Student Expectations**

- Parents, please explain social distancing to your children and remind them each day in the car as they arrive.
- No high fives, fist bumps or hugs will be given to students by coaches.

## **Birthday Parties**

**There will not be any Birthday Parties during our Stage One.**

## **Stage Two (Begins June 1, 2020) Main Campus**

### **Competitive Team, Girls Gymnastics Classes Age 6 & up, Lil' Dreamers, Dance Classes and Ninja Classes**

- Our staff will continue to put new content on our YouTube channel each week for all of our Toddler, Pre-school & Kinder classes.

#### **Scheduling / Class Ratio**

- Team practices will be staggered to prevent gathering of large groups.
- Classes will be at their normal days/times.
- We will implement 6' social distancing in the lobby (upon arrival) and throughout the gym.

#### **Arriving**

- Parents must drop off athletes at the front door.
- Please have them use the restroom at home before they arrive.
- Athletes should arrive 10 minutes prior to practice time but not earlier than 10 minutes. (They should remain in cars if they arrive earlier). We feel it will take about 10 minutes for kids to get their temperature taken and sanitize before entering into the gym safely.
- We will require children to stand on marked locations (6' apart) and wait their turn to enter.
- Athletes should not come to practice if they are not feeling well or have a sick family member.
- Athletes will wait on social distancing spots and then enter through our front doors into the breezeway where their temperature will be taken by Aim High staff member. They will then proceed to a sanitizing station inside the door to the lobby. This will all be monitored by your Aim High staff. They will be given an opportunity to use the bathroom at this time.
- If you are late to arrive and there is no longer a staff member at the door, you must call 918-664-8683 and wait for a staff member for your child to enter the building. All athletes must have temperature taken by a staff member before they enter.

#### **Viewing**

- Both the lobby and the observation room will be closed to prevent social gathering.
- Only staff and athletes may enter the building.
- We are looking into technology which will allow parents viewing on their phones or tablets.

### **Personal Belongings**

- All athletes will arrive wearing shoes (slides or flip flops are encouraged).
- It will be best if children can arrive in the clothing they will be wearing for their class, no extra shirts or socks.
- Shoes will be removed and placed into a laundry basket before they go to their class. They will be passed out by their teacher at the end of class. This is to prevent gathering of children at the cubbies.
- All athletes will bring their own personal mask to wear during class. If they do not arrive with a mask, they may purchase one at the gym (if available) or they will be sent home.
- The water fountains will be off limits. Parents may send a water bottle with their child if they feel it is necessary. The bottle should be clearly marked with the child's name.
- No snacks should be brought to practice.

### **Restrooms / Locker Room**

- The locker room will be off limits for gathering and will only be used as a restroom.
- Athletes must wear shoes into the restrooms.
- All restrooms will be used one person at a time.
- Correct hand washing (20 sec) must be done before returning to the gym.

### **Sanitizing**

- Everyone will sanitize upon arriving and leaving the facility.
- Athletes will sanitize each time they rotate to a new apparatus in the gym.

### **Cleaning / Disinfecting**

- We have purchased a mister and an approved COVID-19 cleaner. We will disinfect the gyms, lobby and bathrooms daily.
- An Aim High staff member will be present at each practice to sanitize equipment once a team group leaves an apparatus.

### **Exiting**

- When practice is over, parents should pick up at the west doors.
- Under supervision, athletes will sanitize and will then exit the building through the side doors to eliminate congestion in the breezeway and lobby when new groups arrive.
- Athletes should be picked up from classes on-time to aid our flow of getting athletes in and out of the building safely.

### **Staff**

- All coaches will wear masks.
- Spotting will only occur if interference is necessary to prevent an injury.

- Aim High staff members will also be screened for temperatures.
- Staff will sanitize each time the students are asked to sanitize.
- No high fives, fist bumps or hugs will be given to students by coaches.
- Staff will not report to the gym if they knowingly have come into contact with an infected person or have had possible exposure to COVID-19.

### **Equipment**

- There will not be any chalk stations.
- Any extra equipment used by athletes (bands, weights, hula hoops, etc.) will be placed in a sanitizing bucket and cleaned by a staff member before being used again.
- To enforce social distancing, more stations will be set up in the gym for the athletes.
- An Aim High staff member will be present at each practice to sanitize equipment once a team group leaves an apparatus.

### **Education / Guidelines**

- Informative Signs and posters will be placed throughout the facility reminding athletes about social distancing, hand washing, DAB your cough/sneeze, etc.
- Parents will be updated via e-mail. Please be sure all e-mail addresses on file are current.

### **Student Expectations**

- Parents, please explain social distancing to your children and remind them each day in the car as they arrive.
- No high fives, fist bumps or hugs will be given to students by coaches.

### **Birthday Parties**

Birthday Parties practicing social distancing may resume in June. This is still under consideration.

## **Stage Three (Begins June 15,2020) Main Campus**

### **All Classes & Team**

- We will consider continuing to have our staff put new content on our YouTube channel monthly for all of our classes (gymnastics, dance & ninja).
- We will have special instructions for our Just You & Me classes which will be e-mailed.

### **Scheduling / Class Ratio**

- Team practices will be staggered to prevent gathering of large groups.
- Classes will be at their normal days/times.
- We will implement 6' social distancing in the lobby (upon arrival) and throughout the gym.

### **Arriving**

- Toddler, Pre-school, Kinder and dance athletes will be dropped off at the front door.
- Team gymnasts along with gymnastics and ninja students age 6 & up will be dropped off at the west doors.
- Please have them use the restroom at home before they arrive.
- Athletes should arrive 10 minutes prior to practice time but not earlier than 10 minutes. (They should remain in cars if they arrive earlier). We feel it will take about 10 minutes for kids to get their temperature taken and sanitize before entering into the gym safely.
- We will require children to stand on marked locations (6' apart) and wait their turn to enter.
- Athletes should not come to practice if they are not feeling well or have a sick family member.
- Children entering through the front doors (Toddlers, Pre-schoolers, Kinder and Dance) will wait on social distancing spots and then enter through our doors into the breezeway where their temperature will be taken by Aim High staff member. They will then proceed to a sanitizing station inside the door to the lobby. This will all be monitored by your Aim High staff. They will be given an opportunity to use the bathroom at this time.
- Athletes entering through the west doors (Team, Gymnastics & Ninja age 6 & up) will wait on social distancing spots and then enter through the designated door into the gym where their temperature will be taken by Aim High staff member. They will then proceed to a sanitizing station inside the door to the gym. This will all be monitored by your Aim High staff. They will be given an opportunity to use the bathroom at this time.

- If you are late to arrive and there is no longer a staff member at the door, you must call 918-664-8683 and wait for a staff member for your child to enter the building. All athletes must have their temperature taken by a staff member before entering the gym.

### **Viewing**

- Both the lobby and the observation room will be closed to prevent social gathering.
- Only staff and athletes may enter the building.
- We anticipate having technology which will allow parents viewing on their phones or tablets.

### **Personal Belongings**

- All athletes will arrive wearing shoes (slides or flip flops are encouraged).
- It will be best if children can arrive in the clothing they will be wearing for their class, no extra shirts or socks.
- Shoes will be removed and placed into a laundry basket before they go to their class. They will be passed out by their teacher at the end of class. This is to prevent gathering of children at the cubbies.
- All athletes will bring their own personal mask to wear during class.
- The water fountains will be off limits. Parents may send a water bottle with their child if they feel it is necessary. The bottle should be clearly marked with the child's name.
- No snacks should be brought to practice.

### **Restrooms / Locker Room**

- The locker room will be off limits for gathering and will only be used as a restroom.
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## **Exiting**

- When practice is over, parents of toddlers, pre-school and kinder gymnasts should pick up at the east doors. Children will be assisted down the stairs.
- Parents of team along with gymnastics and ninja students age 6 & up should pick up at the west doors.
- Parents of dance students should pick them up at the front door.
- Under supervision, athletes will sanitize and will then exit the building through the side doors to eliminate congestion in the breezeway and lobby when new groups arrive.
- Athletes should be picked up from classes on-time to aid our flow of getting athletes in and out of the building safely.

## **Staff**

- All coaches will wear masks.
- Spotting will only occur if interference is necessary to prevent an injury.
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## **Equipment**

- There will not be any chalk stations.
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